



AMENDMENTS TO THE 2018-2019 IAAF COMPETITION RULES

Technical Rules

Approved by the IAAF Council, 8 June 2019 – Monaco

Nº	Rule	Page	Action	Current	Proposed Amendment	Reason
	100			General		
1	100	35	Delete	<p>All International Competitions, as defined in Rule 1.1, shall be held under the Rules of the IAAF. In all competitions, except the World Championships and Olympic Games, events may be held in a different format from that provided under the IAAF Technical Rules, but rules giving more rights to the athletes than they would have obtained applying the actual Rules, may not be applied. These formats shall be decided or authorised by the relevant governing body having the control over the competition.</p> <p>In the case of mass participation events held outside the stadium, these Rules should normally only be applied in full to those athletes, if any, who are designated as taking part in the elite or other defined section of the races such as age group categories for which there are placings for awards or prizes. Race organisers should outline in the information provided to other athletes which other rules will apply to their participation, particularly those pertaining to their safety.</p> <p><i>Note: It is recommended that Members adopt the Rules of the IAAF for the conduct of their own athletics competitions.</i></p>	<p>All International Competitions, as defined in Rule 1.1, shall be held under the Rules of the IAAF. In all competitions, except the World Championships and Olympic Games, events may be held in a different format from that provided under the IAAF Technical Rules, but rules giving more rights to the athletes than they would have obtained applying the actual Rules, may not be applied. These formats shall be decided or authorised by the relevant governing body having the control over the competition.</p> <p>In the case of mass participation events held outside the stadium, these Rules should normally only be applied in full to those athletes, if any, who are designated as taking part in the elite or other defined section of the races such as age group categories for which there are placings for awards or prizes. Race organisers should outline in the information provided to other athletes which other rules will apply to their participation, particularly those pertaining to their safety.</p> <p><i>Note: It is recommended that Members adopt the Rules of the IAAF for the conduct of their own athletics competitions.</i></p>	To allow flexibility by Council decision to use different formats of competition even in World Championships and Olympic Games but always without providing more rights.
	112			Technical Delegates		
2	112	37-38	Add new (h) and (i) and re-letter remaining points	<p>The Technical Delegate(s), in conjunction with the Organisers, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with the IAAF Technical Rules and the IAAF Track and Field Facilities Manual.</p> <p>Technical Delegates appointed for competitions other than one day meetings shall:</p> <ul style="list-style-type: none"> (a) ensure the submission to the appropriate body of proposals for the timetable of events and the entry standards. (b) approve the list of implements to be used and whether athletes may use their own implements or those provided by a 	<p>The Technical Delegate(s), in conjunction with the Organisers, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with the IAAF Technical Rules and the IAAF Track and Field Facilities Manual.</p> <p>Technical Delegates appointed for competitions other than one day meetings shall:</p> <ul style="list-style-type: none"> (a) ensure the submission to the appropriate body of proposals for the timetable of events and the entry standards. (b) approve the list of implements to be used and whether athletes may use their own implements or those provided by a 	To reflect long standing and usual practice missing from the Rules.

			<p>supplier.</p> <p>(c) ensure that the applicable Technical Regulations are issued to all competing Members in good time before the competition.</p> <p>(d) be responsible for all other technical preparations necessary for the holding of the athletics events.</p> <p>(e) control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Association or other relevant governing body.)</p> <p>(f) determine the qualifying standards for the Field Events, and the basis on which the rounds shall be arranged for Track Events.</p> <p>(g) cause the seeding and draws for all events to be made in accordance with the Rules and any applicable Technical Regulations and approve all start lists.</p> <p>(h) if requested, chair the Technical Meeting and brief the Technical Officials.</p> <p>(i) ensure the submission of written reports in advance of the competition on its preparations and after its conclusion on the execution, including recommendations for future editions.</p> <p>Technical Delegates appointed for one day meetings shall provide all necessary support and advice to the organisers and ensure the submission of written reports on the execution of the competition.</p> <p>Specific information is provided in the IAAF Technical Delegates Guidelines which may be downloaded from the IAAF website.</p>	<p>supplier.</p> <p>(c) ensure that the applicable Technical Regulations are issued to all competing Members in good time before the competition.</p> <p>(d) be responsible for all other technical preparations necessary for the holding of the athletics events.</p> <p>(e) control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Association or other relevant governing body.)</p> <p>(f) determine the qualifying standards for the Field Events, and the basis on which the rounds shall be arranged for Track Events.</p> <p>(g) cause the seeding and draws for all events to be made in accordance with the Rules and any applicable Technical Regulations and approve all start lists.</p> <p>(h) decide upon any matters which arise prior to the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions, where appropriate in conjunction with the organisers.</p> <p>(i) decide (including where appropriate in conjunction when available with the relevant Referee(s) and the Competition Director) upon any matters which arise during the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions or which might require a deviation from them in order for the competition to continue in whole or in part or in order to ensure fairness to those</p>	
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					<p>taking part.</p> <p>(j) if requested, chair the Technical Meeting and brief the Technical Officials.</p> <p>(k) ensure the submission of written reports in advance of the competition on its preparations and after its conclusion on the execution, including recommendations for future editions.</p> <p>Technical Delegates appointed for one day meetings shall provide all necessary support and advice to the organisers and ensure the submission of written reports on the execution of the competition.</p> <p>Specific information is provided in the IAAF Technical Delegates Guidelines which may be downloaded from the IAAF website.</p>	
	120	Officials of the Competition				
3	120	41-42	Add	<p>The Organisers of a competition shall appoint all officials, subject to the rules of the Member in whose Country the competition is held and, in the case of competitions under Rules 1.1(a), (b), (c) and (f), subject to the rules and procedures of the relevant governing body.</p> <p>...</p>	<p>The Organisers of a competition and/or the relevant governing Body shall appoint all officials, subject to the rules of the Member in whose Country the competition is held and, in the case of competitions under Rules 1.1(a), (b), (c) and (f), subject to the rules and procedures of the relevant governing body.</p> <p>...</p>	<p>In practice, the Competition Officials are not designated from the Organisers, but from the respective bodies (IAAF, EA, Member Federations, etc.)</p>
	125	Referees				
4	125.1	47	Delete	<p>1. One (or more) Referee(s), as appropriate, shall be appointed for the Call Room, for Track Events, for Field Events, for Combined Events and for Running and Race Walking Events outside the stadium. When appropriate, one (or more) Video Referee(s) shall also be appointed. A Track Referee appointed to oversee the starts is designated the Start Referee.</p>	<p>1. One (or more) Referee(s), as appropriate, shall be appointed for the Call Room, for Track Events, for Field Events, for Combined Events and for Running and Race Walking Events outside the stadium. When appropriate, one (or more) Video Referee(s) shall also be appointed. A Track Referee appointed to oversee the starts is designated the Start Referee.</p>	<p>To be clear.</p>
5	125.2	48	Add	<p>2. Referees shall ensure that the Rules and Regulations (and other regulations for each particular competition) are observed. They shall rule on any protest or objection regarding</p>	<p>2. Referees shall ensure that the Rules and Regulations (and other regulations for each particular competition) are observed. They shall rule on any protest or objection regarding</p>	<p>To reflect practice – see also proposal in relation to Rule 112.</p>

				<p>the conduct of the competition and shall decide upon any matters which arise during the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony) and for which provision has not been made in these Rules (or any applicable regulations).</p> <p>...</p>	<p>the conduct of the competition and shall decide upon any matters which arise during the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony) and for which provision has not been made in these Rules (or any applicable regulations), where appropriate or necessary in conjunction with the Technical Delegates.</p> <p>...</p>	
6	125.3	49	Add	<p>3.</p> <p>The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition and over the conduct of the respective individual events within it.</p>	<p>3.</p> <p>The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition and over the conduct of the respective individual events within it (except in matters related to his jurisdiction when a Start Referee is appointed and available).</p>	To reflect practice.
7	125.5	49-50	Add, including in green text	<p>5. The applicable Referee shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or under Rules 144, 162.5, 163.14, 163.15(c), 180.5, 180.19, 230.7(d), 230.10(h) or 240.8(h). Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.</p> <p>In disciplinary matters, the Call Room Referee has authority starting from the Warm-up Area up to the competition area. In all other instances, the Referee applicable to the event in which the athlete is or was competing, shall have authority.</p> <p>The applicable Referee (where practicable after consulting the Competition Director) may warn or remove any other person from the competition area (or other area related to the competition including the Warm-up Area, Call Room and coaches seating) who is acting</p>	<p>5. The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 144, 162.5, 163.14, 163.15(c), 180.5, 180.19, 230.7(d), 230.10(h) or 240.8(h). Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.</p> <p>In disciplinary matters, the Call Room Referee has authority starting from the Warm-up Area up to the competition area. In all other instances, the Referee applicable to the event in which the athlete is or was competing, shall have authority.</p> <p>The applicable Referee (where practicable after consulting the Competition Director) may warn or remove any other person from the competition area (or other area related to the competition including the Warm-up Area,</p>	To provide for the issue of disciplinary cards in relay events and the application of disqualification. See also proposal in relation to Rule 145.

				<p>in an unsporting or improper manner or who is providing assistance to athletes that is not permitted by the Rules.</p> <p><i>Note: (i) The Referee may, where the circumstances justify it, exclude an athlete without a warning having been given. (See also Note to Rule 144.2.)</i></p> <p><i>Note: (ii) The Referee for events outside the stadium shall, wherever practicable (e.g. under Rules 144, 230.10 or 240.8), give a warning prior to disqualification. If the Referee's action is contested, Rule 146 will apply.</i></p> <p><i>Note: (iii) When excluding an athlete from competition under this Rule, if the Referee is aware that a yellow card has already been given, he should show a second yellow card followed immediately by a red card.</i></p> <p><i>Note (iv) If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card. The relevant Referee shall take immediate action to inform the athlete or his team of his exclusion.</i></p>	<p>Call Room and coaches seating) who is acting in an unsporting or improper manner or who is providing assistance to athletes that is not permitted by the Rules.</p> <p><i>Note: (i) The Referee may, where the circumstances justify it, exclude an athlete or relay team without a warning having been given. (See also Note to Rule 144.2.)</i></p> <p><i>Note: (ii) The Referee for events outside the stadium shall, wherever practicable (e.g. under Rules 144, 230.10 or 240.8), give a warning prior to disqualification. If the Referee's action is contested, Rule 146 will apply.</i></p> <p><i>Note: (iii) When excluding an athlete or relay team from competition under this Rule, if the Referee is aware that a yellow card has already been given, he should show a second yellow card followed immediately by a red card.</i></p> <p><i>Note (iv) If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card. The relevant Referee shall take immediate action to inform the athlete or relay team or his/its team of his/its exclusion.</i></p>	
	129	Start Coordinator, Starter and Recallers				
8	129.2	56	Add new para	<p>2. The Starter shall have entire control of the athletes on their marks. When a Start Information System is used to assist in races using a crouch start, Rule 162.6 shall be applied</p>	<p>2. The Starter, whose primary responsibility is to ensure a fair and equitable start for all competitors, shall have entire control of the athletes on their marks. When a Start Information System is used to assist in races using a crouch start, Rule 162.6 shall be applied.</p> <p>The primary responsibility of the Starter and Recallers is to ensure a fair and equitable start for all competitors.</p>	Currently, in the rule book there is no formal statement of the primary role of the Start Team. It cannot be a Note or an interpretation. This addition corrects that oversight.
	135	Measurement Judge (Scientific)				

9	135	62-63	Delete	<p>One Chief Measurement Judge (Scientific) and one or more assistants shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment.</p> <p>Before each event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the manufacturer and the instrument calibrating laboratory.</p> <p>To ensure that the equipment is operating correctly, he shall, before and after the event, supervise a set of measurements in conjunction with the Judges and under the supervision of the Referee, to confirm agreement with results achieved using a calibrated and verified steel tape.</p> <p>.....</p>	<p>One Chief Measurement Judge (Scientific) and one or more assistants shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment.</p> <p>Before each event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the manufacturer and the instrument calibrating laboratory.</p> <p>To ensure that the equipment is operating correctly, he shall, before and after the event, supervise a set of measurements in conjunction with the Judges and under the supervision of the Referee, to confirm agreement with results achieved using a calibrated and verified steel tape.</p> <p>.....</p>	To reflect preferred practice and to harmonise with practice for timing devices.
141						
10	141.1	65-66	Add	<p>Age Categories</p> <p>1. Competition under these Rules may be divided into age group classifications as follows:</p> <p>Under-18 (U18) Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.</p> <p>Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.</p> <p>Master Men and Women: Any athlete who has reached his/her 35th birthday.</p>	<p>Age Categories</p> <p>1. Competition under these Rules may be divided into age group classifications as follows or as additionally prescribed in the relevant competition regulations or by the relevant governing body:</p> <p>Under-18 (U18) Men and Women Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.</p> <p>Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.</p> <p>Master Men and Women: Any athlete who has reached his/her 35th birthday.</p>	<p>To allow for governing bodies and competitions to provide for additional age groups.</p> <p>To harmonise with IOC.</p>
143						
11	143.1	69	Delete	<p>1. In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges.</p>	<p>1. In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges.</p>	<p>Provisions are superfluous because they are rarely enforced or sanctioned. Also, it is impossible to enforce in Call Rooms without forcing many athletes not to compete.</p>

				<p>Athletes' vests should have the same colour on the front and back.</p> <p>At all competitions under Rules 1.1(a), (b), (c), (f) and (g), and when representing their National Federation under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their National Federation and, at all competitions under Rules 1.1(a), (b), (c), (f) and (g), Neutral Athletes shall participate in the uniform clothing approved by the IAAF. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.</p> <p><i>Note: The relevant governing body may specify in the regulations for a competition that it is mandatory for the colour on athletes' vests to be the same on the front and back.</i></p>	<p>Athletes' vests should have the same colour on the front and back.</p> <p>At all competitions under Rules 1.1(a), (b), (c), (f) and (g), and when representing their National Federation under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their National Federation and, at all competitions under Rules 1.1(a), (b), (c), (f) and (g), Neutral Athletes shall participate in the uniform clothing approved by the IAAF. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.</p> <p><i>Note: The relevant governing body may specify in the regulations for a competition that it is mandatory for the colour on athletes' vests to be the same on the front and back.</i></p>	
12	143.4	70	Add as new Note (ii)	<p>Dimensions of Spikes</p> <p>4. That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.</p> <p><i>Note: The surface must be suitable for accepting the spikes permitted under this Rule.</i></p>	<p>Dimensions of Spikes</p> <p>4. That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.</p> <p><i>Note (i): The surface must be suitable for accepting the spikes permitted under this Rule.</i></p> <p><i>Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.</i></p>	<p>In relation to the Cross Country, to establish a maximum height of the spikes or specify, with a specific Note that there are no limitations.</p>
144						
13	144.4	73-74	Add	Assistance Allowed	Assistance Allowed	(g) To reflect sound practice and to give clearer guidance about what

			<p>4. For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:</p> <p>...</p>	<p>4. For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:</p> <p>...</p> <p>(g) Receiving physical support from an official or other person designated by the organisers to recover to a standing position or to access medical assistance.</p> <p>(h) Electronic lights or similar appliance indicating progressive times during a race, including of a relevant record.</p>	<p>support may be given to athletes in distress.</p> <p>(h) To enhance meet presentation and spectator experience.</p>
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Effect of Disqualification					
14	145.3	75	Add as new and renumber	<p>3. If a relay team is excluded from competition under Rule 125.5, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition.</p> <p>4. If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.</p>	To provide for consequences when members of a relay team received yellow and red cards.

Protests and Appeals					
15	146.4	76	Add as new (d)	<p>(d) when a protest is made by or on behalf of an athlete or team which did not finish a race, the Referee must first ascertain whether the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case the protest shall be dismissed.</p>	To avoid DQ being recorded unnecessarily (e.g. when athletes do not finish hurdles races) when DNF is the usual method. But to provide also in such instances for a process (complementing Rule 127 note (ii)) should such an athlete or team then protest seeking e.g. a re-run or advancement.

16	146.6	78	Move green text to Rule	<p>6. The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.</p>	<p>6. The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.</p> <p>In Field Events, where, as a result of an athlete competing “under protest”, another athlete is allowed to continue in the competition when he would otherwise not have done so, such athlete’s performances and eventual results will remain valid irrespective of whether the “under protest” athlete’s immediate oral protest is successful.</p>	There was no provision in the Rules covering this instance. Guidance has been provided in green text but now it is recommended that it be formalised as a rule.
	147	Mixed Competition				
17	147.2	79	Amend rule and accordingly green text	<p>2. Other than under Rule 147.1 for all other competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, mixed stadium competition in Field Events and in races of 5000m or longer may be permitted in all competitions except those held under Rules 1.1(a) to (h). In the case of competitions held under Rules 1.1(i) and (j) such mixed competition shall be allowed in a particular competition if specifically permitted by the relevant Area Association</p> <p><i>Note (i): Mixed Competitions conducted in Field Events, separate result cards shall be used and results declared for each sex. For races, the sex of each athlete shall be shown in the result.</i></p> <p><i>Note (ii): Mixed Competitions in Track Events as permitted under this Rule shall be conducted only where there are insufficient athletes of one or both sexes competing to justify the conduct of separate races.</i></p> <p><i>Note (iii): Mixed Competitions in Track Events shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.</i></p>	<p>2. Other than under Rule 147.1 for all other competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, mixed stadium competition in Field Events and in races of 5000m or longer the following may be permitted in all competitions except those held under Rules 1.1(a) to (h), (c) and (f). In the case of competitions held under Rules 1.1(i) and (j), (d), (e) and (g) to (j) such mixed competition shall always be allowed in Field Events and in (a) below allowed in a particular competition if specifically permitted by the relevant Area Association:</p> <p>(a) mixed stadium competition in races of 5000m or longer but it is permitted only when there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. The sex of each athlete shall be shown in the result. Such races shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.</p> <p>(b) Field Events for men and women may be conducted simultaneously at one or</p>	The amended wording reflects actual practice.

					<p>more event sites. Separate result cards shall be used and results declared for each sex. Each round of trials of such events may be conducted either by calling all athletes of one sex followed by the other or by alternating them. For the purposes of Rule 180.17, all athletes shall be regarded as if they were of the same sex. Where Vertical Jumps are conducted on a single event site, Rules 181 to 183 must be strictly applied including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.</p> <p><i>Note (i): Mixed Competitions conducted in Field Events, separate result cards shall be used and results declared for each sex. For races, the sex of each athlete shall be shown in the results.</i></p> <p><i>Note (ii): Mixed Competitions in Track Events as permitted under this Rule shall be conducted only where there are insufficient athletes of one or both sexes competing to justify the conduct of separate races.</i></p> <p><i>Note (iii): Mixed Competitions in Track Events shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.</i></p>	
	162				The Start	
18	162.7	91	Add and amend	<p>7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 129.6), he does so any earlier, it shall be a false start.</p> <p><i>Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks,</i></p>	<p>7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 129.6), he does so any earlier, it shall be a false start. Commencement of the start is defined:</p> <p>(a) in the case of a crouch start, as any motion by an athlete that includes or results</p> <p>This formally creates a definition of 'commencement of the start' as part of a Rule. It cannot be a Note. A Note or an interpretation is guidance to the Official in the application of the Rule. The definition and the Notes specifically address the two distinct start situations.</p>	

				<p><i>or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.</i></p> <p><i>However, if the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall be a false start.</i></p> <p>...</p>	<p>in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and</p> <p>(b) in the case of a standing start, as any motion that results in one or both feet losing contact with the ground.</p> <p>If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall also be a false start.</p> <p><i>Note (i): Any other motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.</i></p> <p><i>However, if the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall be a false start.</i></p> <p><i>Note (ii): As athletes starting races in a standing position are more prone to overbalance, if such a movement is considered to be accidental, the start should be regarded as "unsteady". If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.</i></p>	
	163	The Race				
19	163.6	96	Amend	<p>Leaving the Track</p> <p>6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.</p>	<p>Leaving the Track</p> <p>6. An athlete, after voluntarily leaving the track, except in compliance with Rule 170.6(c), shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the</p>	Leaving the track voluntarily to retrieve a baton is allowed. This corrects an oversight. Officials have taken the 'leaving the lane' provision of 170.6(c) to not include leaving the track.

					athlete attempt to re-enter the race, he shall be disqualified by the Referee.	
20	163.14	97	Delete	<p>Indication of Intermediate Times</p> <p>14. Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race.</p> <p>Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 144.2.</p> <p><i>Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.</i></p>	<p>Indication of Intermediate Times</p> <p>14. Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race.</p> <p>Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 144.2.</p> <p><i>Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.</i></p>	To remove from the Rules a provision that is hard to enforce, is rarely enforced and often causes unnecessary conflict between delegates and officials/meets organisers/athlete representatives. This amendment leaves the matter in the hands of the Referee. He can choose to appoint an official to call requested lap times or authorise another person to do so in an appropriate manner.
21	163.15	97-98	Add new (c) and re-letter		<p>(c) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.</p> <p>(d) An athlete...</p>	To make consistent the rules applying to track events with those applying to road races.
165						
22	165.13	100	Delete and re-number	<p>Fully Automatic Timing and Photo Finish System</p> <p>13. A Fully Automatic Timing and Photo Finish</p>	<p>Fully Automatic Timing and Photo Finish System</p> <p>13. A Fully Automatic Timing and Photo Finish</p>	To avoid inconsistency with other rules that contemplate other systems.

				<p>System complying with IAAF Rules should be used at all competitions.</p> <p><i>The System</i></p> <p>14. The system must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:</p> <p>...</p>	<p>System complying with IAAF Rules should be used at all competitions.</p> <p><i>The System</i></p> <p>13. <i>The system A Fully Automatic Timing and Photo Finish System</i> must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:</p> <p>...</p>	
23	165.18	101	Amend	<p>18. A system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes.</p> <p><i>Note: If the timing mechanism is not started by the Starter's signal, the time-scale on the image shall indicate this fact automatically.</i></p>	<p>17. A system which operates automatically at either the start or the finish, but not at both the start, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times provided that the system was started in accordance with Rule 165.7 or with equivalent accuracy. In this case, the times read on the image will not, under any circumstances, be considered as official, but The image may be used as a valid support in order to determine placings and adjust time intervals between athletes.</p> <p><i>Note: If the timing mechanism is not started by the Starter's signal, the time-scale on the image shall indicate this fact automatically.</i></p> <p>18. A system which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.</p>	<p>To recognise that a manually started system, but which produces finish images, is realistically as accurate, if not more so, as hand times.</p>
166 Seedings, Draws and Qualifications in Track Events						
24	166.8	109	Add note and amend advisory tables on IAAF website	<p><i>Progression</i></p> <p>8. In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.</p> <p>Except where Rule 167 applies, any other</p>	<p><i>Progression</i></p> <p>8. In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.</p> <p>Except where Rule 167 applies, any other</p>	<p>To ensure greater fairness between heats and semi-finals of middle and longer distance races.</p>

				<p>athletes may qualify by place or by time according to Rule 166.2, the applicable Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.</p>	<p>athletes may qualify by place or by time according to Rule 166.2, the applicable Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.</p> <p><i>Note: In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.</i></p>	
	168	Hurdle Races				
25	168.6-7	114	Replace Rules 168.6 and 168.7 with the proposed 168.6, renumber, and amend the green text accordingly	<p>6. All races shall be run in lanes and each athlete shall keep to, and go over the hurdles in, his own lane throughout, except as provided in Rule 163.4. Unless there is no effect or obstruction upon any other athlete(s) in the race, and Rule 168.7(a) is not infringed an athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane..</p> <p>7. Each athlete shall go over each hurdle. Failure to do so will result in a disqualification.</p> <p>In addition, an athlete shall be disqualified, if:</p> <ul style="list-style-type: none"> (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or (b) in the opinion of the Referee, he deliberately knocks down any hurdle. <p><i>Note: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.</i></p> <p>8. Except as provided in Rules 168.6 and 168.7, the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.</p>	<p>6. All races shall be run in lanes and each athlete shall keep to, and go over the each hurdles in, and keep to his own lane throughout, except as provided in Rule 163.4. Unless there is no effect or obstruction upon any other athlete(s) in the race, and Rule 168.7(a) is not infringed an athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane. Failure to do so will result in a disqualification, unless Rule 163.4 applies.</p> <p>7. Each athlete shall go over each hurdle. Failure to do so will result in a disqualification.</p> <p>In addition, an athlete shall be disqualified, if:</p> <ul style="list-style-type: none"> (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or (b) in the opinion of the Referee, he deliberately knocks down any hurdle. he knocks down or displaces any hurdle by hand, body or the upper side of the lead leg; or (c) he directly or indirectly knocks down or displaces a hurdle in his or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race and/or another rule is also infringed. <p><i>Note: Provided that this Rule is otherwise observed and the hurdle is not displaced or</i></p>	To make the requirement clearer and eliminate subjectivity.

					<p><i>its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.</i></p> <p>87. Except as provided in Rules 168.6 and 168.7, the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.</p>	
	169	Steeplechase Races				
26	169.5	116	Amend	<p>5. The hurdles shall be $0.914m \pm 0.003m$ high for men's / boys' events and $0.762m \pm 0.003m$ for women's / girls' events and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m square.</p> <p>The weight of each hurdle shall be between 80kg and 100kg. Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure 169a).</p>	<p>5. The hurdles shall be $0.914m \pm 0.003m$ high for Senior and U20 men's / boys' events, $0.838m \pm 0.003m$ high for U18 men's events and $0.762m \pm 0.003m$ for women's / girls' events and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m square.</p> <p>The weight of each hurdle shall be between 80kg and 100kg. Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure 169a).</p>	<p>To provide for a better transition for under 18 men and to create consistency with hurdle height. There is no significant cost to adapt existing equipment and no need to buy new barriers.</p> <p>For virtually all existing barriers all that will be required is to drill a hole on each upright midway between the existing holes.</p> <p>From 1 April 2020.</p>
27	169.6	117	Amend	<p>6. The water jump, including the hurdle, shall be $3.66m \pm 0.02m$ in length and the water pit shall be $3.66m \pm 0.02m$ in width.</p> <p>The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be 0.70m for approximately 0.30m. From there, the bottom shall have a uniform slope upwards to the level of the track at the farther end of the water pit. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 20mm.</p> <p><i>Note: The depth of the water in the pit from the track surface level may be reduced for approximately 1.2m from 0.70m maximum down to 0.50m minimum. The uniform slope of the bottom of the pit ($12.4^\circ \pm 1^\circ$) shall be maintained as shown in Figure 169b. It is</i></p>	<p>6. The water jump, including the hurdle, shall be $3.66m \pm 0.02m$ in length and the water pit shall be $3.66m \pm 0.02m$ in width.</p> <p>The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be 0.70m $0.50m \pm 0.05m$ for approximately 0.30m 1.20m. From there, the bottom shall have a uniform slope of $12.4^\circ \pm 1^\circ$ upwards to the level of the track at the farther end of the water pit. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 20mm.</p> <p><i>Note: The depth of the water in the pit from the track surface level may be reduced for approximately 1.2m from 0.70m maximum down to 0.50m minimum. The uniform slope of the bottom of the pit ($12.4^\circ \pm 1^\circ$) shall be</i></p>	

				<i>recommended that all new water pits be constructed to the shallower depth.</i>	<i>maintained as shown in Figure 169b. It is recommended that all new water pits be constructed to the shallower depth. Pits to the 2018/19 specifications remain acceptable.</i>	
				General Conditions – Vertical Jumps		
28	181.6	134	Add	6. Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.	6. Any measurement of a new height shall be made before athletes attempt such height. A re-measurement should be made if the bar has been substituted. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured	
				High Jump		
29	182.4	138	Amend and add Note	4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 (0.4%) along any radius of the semi-circular area centred midway between the uprights and having the minimum radius specified in Rule 182.3. The landing area should be placed so that the athlete's approach is up the inclination.	4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 (0.4%) 1:167 (0.6%) along any radius of the semi-circular area centred midway between the uprights and having the minimum radius specified in Rule 182.3. The landing area should be placed so that the athlete's approach is up the inclination. <i>Note: Runways and take-off areas to the 2018/19 specifications remain acceptable.</i>	To reduce water ponding in the "D" areas.
				General Conditions – Horizontal Jumps		
30	184.3	148-149	Amend and re-number later rules Amend Figure 184a	Take-off Board 3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges. 4. The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure $1.22m \pm 0.01m$	Take-off Board 3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall may be placed a plasticine indicator board for the assistance of the Judges. <i>Note: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a</i>	Consequential to the amendment to Rule 185.1. From 1 November 2020.

			<p>long, $0.20m \pm 0.002m$ wide and not more than $0.10m$ deep. It shall be white.</p> <p>5. The plasticine indicator board shall consist of a rigid board, $0.10m \pm 0.002m$ wide and $1.22m \pm 0.01m$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of $7mm \pm 1mm$. The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length $1mm$ thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Figure 184a).</p> <p>[Figure 184a- Take-off board and plasticine indicator board]</p> <p>The upper part of the indicator board shall also be covered for the first $10mm$ approximately and along its entire length, by a plasticine layer. When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot. The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid. The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.</p> <p><i>Note: It will be found very helpful to have spare plasticine boards available so that, while a footprint is being eliminated, the competition is not delayed.</i></p>	<p><i>plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.</i></p> <p>4. The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure $1.22m \pm 0.01m$ long, $0.20m \pm 0.002m$ wide and not more than $0.10m$ deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line shall be in a colour other than white.</p> <p>5. The use of video or other technology, to assist the Judges in deciding the application of Rule 185.1, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.</p> <p>The plasticine indicator board shall consist of a rigid board, $0.10m \pm 0.002m$ wide and $1.22m \pm 0.01m$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of $7mm \pm 1mm$. The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length $1mm$ thick or shall be cut away such that the recess, when filled with plasticine, the surface of the plasticine nearer to the take-off line shall slant be at an angle of 45° 90° (see Figure 184a).</p> <p>[Figure 184a- Take-off board and plasticine indicator board]</p>	
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					<p>The upper part of the indicator board shall also be covered for the first 10mm approximately and along its entire length, by a plasticine layer.</p> <p>When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.</p> <p>The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid.</p> <p>The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.</p> <p><i>Note: It will be found very helpful to have spare plasticine boards available so that, while a footprint is being eliminated, the competition is not delayed.</i></p>	
	185				Long Jump	
31	185.1	151	Amend	<p>1. An athlete fails if:</p> <p>(a) he while taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or</p>	<p>1. An athlete fails if:</p> <p>(a) he while taking off, touches the ground (including any part of the plasticine board) beyond breaks the vertical plane of the take-off line with any part of his body foot/shoe, whether running up without jumping or in the act of jumping; or</p>	<p>To make the judgment of the basic failure in the long jump and triple jump more understandable for the spectators and more simple to judge at all levels of competition.</p> <p>See also 184.3</p> <p>From 1 November 2020.</p>
	187				General Conditions – Throwing Events	
32	187.2	155	Add	<p>2. Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organisers before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those</p>	<p>2. Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organisers before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those</p>	<p>To provide a reasonable limit on the number of personal implements that each athlete can submit unless it is useful to the competition to accept more as determined by the Technical Manager.</p>

				provided by the Organisers.	provided by the Organisers. Unless the Technical Manager decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which he is competing.	
	190	Discus Cage				
33	190.1-3	170	Add, amend and renumber	<p>1. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the Field of Play with other events taking place at the same time or when the event takes place outside the Field of Play with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, from Members or from the IAAF Office.</p> <p><i>Note: The hammer cage specified in Rule 192 may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.</i></p> <p>...</p> <p>3. The cage should be U-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m and it should be at least 6m for the 3m nearest the front of the cage on each side. [from 1 January 2020]</p> <p>Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.</p>	<p>1. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the Field of Play with other events taking place at the same time or when the event takes place outside the Field of Play with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, from Members or from the IAAF Office.</p> <p><i>Note (i): The hammer cage specified in Rule 192 may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.</i></p> <p><i>Note (ii): The hammer cage movable panels may be used when the cage is being used for discus throw to limit the danger zones.</i></p> <p>3. The cage should be U-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m and it should be at least 6m for the 3m nearest the front of the cage on each side. [from 1 January 2020]</p> <p>Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.</p>	There has been too many incidents with regard to discus throws due to the wide danger zones.

				<p><i>Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle.</i></p> <p><i>Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.</i></p> <p><i>Note (iii) The cage side, particularly alongside the track, may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.</i></p>	<p><i>Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle.</i></p> <p><i>Note (ii): Innovative designs that provide the same or better degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.</i></p> <p><i>Note (iii) The cage side, particularly alongside the track, may be lengthened and/or provided with (a) movable panel(s) and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.</i></p>	
	230					Race Walking
34	230.7(c)	205	Amend	<p>(c)</p> <p>...</p> <p>If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.</p>	<p>(c)</p> <p>...</p> <p>If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge Referee.</p>	Considering this is a disciplinary DQ, it should be the Referee's competence to decide.
35	230.8	206	Amend	<p>Start</p> <p>8. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it and shall then start the race.</p>	<p>Start</p> <p>8. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it and shall then start the race.</p>	To harmonise start method with road races and Cross Country.

	250	Cross-Country Races						
36	250.3(b)	215	Amend	...	In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 1500m.	...	In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 1500m 300m.	The 1500m seemed to be a typo. A more adequate distance can be 300m.
	261	Events for which World Records are Recognised						
37	261	227	Remove	Men Running, Combined and Race Walking Events: ... F.A.T. or H.T.:1000m; 1500m; 1 Mile; 2000m 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase; 4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay; Race Walking (Track): 20,000m; 30,000m, 50,000m. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km. ...	Men Running, Combined and Race Walking Events: ... F.A.T. or H.T.:1000m; 1500m; 1 Mile; 2000m 3000m; 5000m; 10,000m; 20,000m ; 1 Hour; 25,000m ; 30,000m ; 3000m Steeplechase; 4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay; Race Walking (Track): 20,000m; 30,000m, 50,000m. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km. ...	Women Running, Combined and Race Walking Events: ... F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase; 4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay; Race Walking (Track): 10,000m; 20,000m; 50,000m*. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half	Women Running, Combined and Race Walking Events: ... F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m ; 1 Hour; 25,000m ; 30,000m ; 3000m Steeplechase; 4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay; Race Walking (Track): 10,000m; 20,000m; 50,000m*. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half	After the removal from the list of similar road distances two years ago, it is logical to remove these rarely run track races, too.

				Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.	Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.	
	265	Other Records				
38	265.2	230	Amend	2. The record should recognise the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored, unless it is specifically provided otherwise in the applicable regulations for the competition.	2. The record should recognise the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored, unless it is if specifically so stated provided otherwise in the applicable regulations for the competition.	In practice, the default is that there is a legal wind.

No. 30 – Take-off board

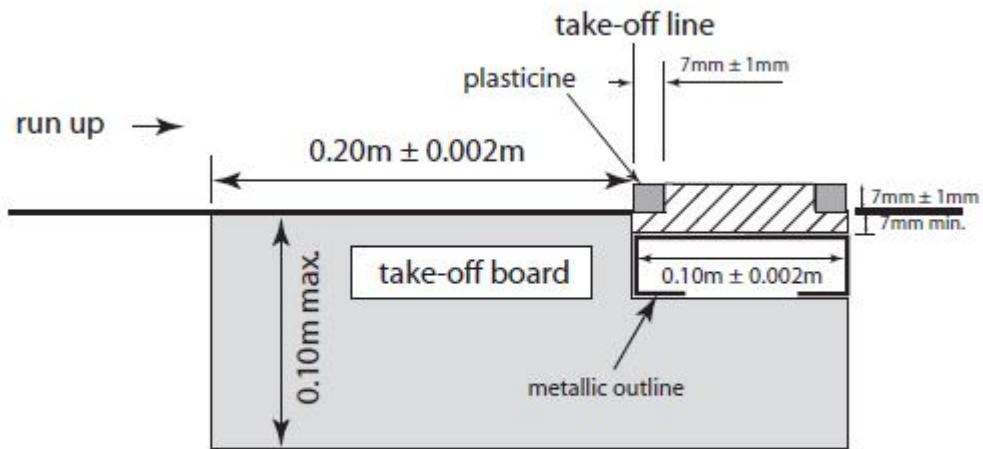


Figure 184a - Take-off board and plasticine indicator board